

Bible Study Guide: Overflowing Hope – Living in Joy, Peace, and the Power of the Holy Spirit

 Source Transcript:

Big Idea

True hope comes from God through the power of the Holy Spirit, and when we trust Him, that hope overflows into joy and peace regardless of our circumstances.

Theme

This study focuses on how hope is not based on circumstances but on trust in God, leading to a life filled with joy, peace, and confidence in His presence.

Core Scripture

Romans 15:13

“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.”

Introduction: Living in Uncertain Times

Paul writes to believers in Rome who faced:

- Danger
- Uncertainty
- Instability

Yet his message is:

- Hope
- Joy
- Peace

Key Insight:

“When hope is present, joy and peace follow.”

The Reality

- Life is unpredictable
- Fear can take over
- Hope can feel distant

But God offers:

- A different way to live
-

Main Point 1: God Is the Source of Hope

Explanation

Hope is not:

- Self-generated

It comes from:

- God Himself

Spiritual Truth

God is:

- The “God of hope”

“The power of the Holy Spirit gives us hope.”

Application

- Where am I looking for hope?
- Am I turning to God first?

Sticky Quote:

“Hope begins with God.”

Main Point 2: Trust Unlocks Joy and Peace

Explanation

Joy and peace are:

- Not automatic

Spiritual Truth

They flow from:

- Trusting God

“As you trust in Him... joy and peace follow.”

Application

- Do I trust God daily?
- What am I holding back?

Sticky Quote:

“Trust releases joy and peace.”

Main Point 3: The Holy Spirit Produces Hope

Explanation

Hope is sustained by:

- The Spirit

Spiritual Truth

The Holy Spirit:

- Stirs hope within us

“The presence of the Holy Spirit stirs hope.”

Application

- Am I allowing the Spirit to work in me?
- How can I be more aware of His presence?

Sticky Quote:

“The Spirit fuels hope.”

Main Point 4: Hope Is Not Dependent on Circumstances

Explanation

Circumstances may be:

- Difficult
- Uncertain

Spiritual Truth

Hope remains:

- Because God is constant

“No matter what happens, God walks with me.”

Application

- What circumstances are affecting my hope?
- Can I trust God anyway?

Sticky Quote:

“Hope rises above circumstances.”

Main Point 5: Losing Hope Leads to Losing Peace

Explanation

When hope fades:

- Anxiety grows

Spiritual Truth

Hope and peace are:

- Connected

“When I lose hope, my peace vanishes.”

Application

- Where have I lost hope?
- How can I restore it?

Sticky Quote:

“No hope, no peace.”

Main Point 6: God's Presence Brings Assurance

Explanation

We often forget:

- God is with us

Spiritual Truth

His presence:

- Brings confidence

“We know He walks with us.”

Application

- Do I live aware of God's presence?
- How does that change my outlook?

Sticky Quote:

“God's presence brings peace.”

Main Point 7: Hope Is a Daily Choice

Explanation

Hope must be:

- Chosen

Spiritual Truth

Trusting God daily:

- Builds hope

“When I trust Him for the day, hope grows.”

Application

- What choice can I make today?
- Will I choose hope?

Sticky Quote:

“Choose hope daily.”

Main Point 8: Joy and Peace Are Byproducts of Hope

Explanation

We chase:

- Joy
- Peace

Spiritual Truth

They come from:

- Hope

“Hope produces joy and peace.”

Application

- Am I chasing outcomes instead of God?
- How can I refocus?

Sticky Quote:

“Hope produces joy.”

Main Point 9: God Is For You

Explanation

Fear says:

- You are alone

Spiritual Truth

God says:

- He is with you

“He is for me.”

Application

- Do I believe God is for me?
- How does that impact my faith?

Sticky Quote:

“God is on your side.”

Main Point 10: Hope Overflows Into Others

Explanation

Hope is not:

- Meant to stay contained

Spiritual Truth

It should:

- Overflow

“Be a source of joy and peace for others.”

Application

- Who needs hope from me today?
- How can I share it?

Sticky Quote:

“Overflow hope to others.”

Main Point 11: Prayer Invites God’s Work

Explanation

Prayer:

- Aligns us with God

Spiritual Truth

Through prayer:

- God fills us

“Fill our lives with hope.”

Application

- Am I praying consistently?
- What do I need to bring to God?

Sticky Quote:

“Prayer fills your heart.”

Main Point 12: A Life Filled with Hope Is Possible

Explanation

Hope is:

- Available

Spiritual Truth

Through the Spirit:

- You can live in hope

“Let that hope come alive.”

Application

- Do I believe hope is possible?
- Will I step into it?

Sticky Quote:

“Hope is alive in you.”

Discussion Questions

1. What does hope mean to you personally?
 2. Where have you struggled to maintain hope?
 3. How does trusting God change your perspective?
 4. What role does the Holy Spirit play in your life?
 5. How can you be a source of hope for others?
-

Practical Application Steps

1. Trust God Daily

- Start each day with surrender

2. Invite the Holy Spirit

- Be aware of His presence

3. Focus on God, Not Circumstances

- Shift your mindset

4. Choose Hope

- Make intentional decisions

5. Share Hope

- Encourage others
-

Closing Prayer

Father,
You are the God of hope.

Fill us with joy and peace
as we trust in You.

Let Your Holy Spirit
stir hope within us,
overflowing into every area of our lives.

Help us to walk in confidence,
to trust in Your presence,
and to be a light to others.

In Jesus' name, Amen.

Final Takeaway

When you trust in God and allow the Holy Spirit to fill your life, hope rises within you—and that hope overflows into joy, peace, and a powerful witness to the world.